

# Strum Patterns

XA Guitar Class

## Practice Strums (4/4)

1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &
↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑
↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

## 4/4 Strums, simple time

1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &	1 & 2 & 3 & 4 &
↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑
↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

## 4/4 Strums, double time

1 • & • 2 • & • 3 • & • 4 • & •	1 • & • 2 • & • 3 • & • 4 • & •
↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑
↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

## 3/4 Strums, simple time

1 & 2 & 3 &	1 & 2 & 3 &
↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑
↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑

## 3/4 Strums, double time

1 • & • 2 • & • 3 • & •	1 • & • 2 • & • 3 • & •
↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑
↓ ↑ ↓ ↑ ↓ ↑	↓ ↑ ↓ ↑ ↓ ↑